



SV LIFE RECOVERY MEETING
LEVELS OF GRATITUDE
November 30th, 2021

GRATITUDE TAKES PRACTICE

• **Philippians 4:9**

GRATITUDE DOES NOT COME NATURALLY

⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

• **1 Timothy 4:15**

WE HAVE TO PRACTICE BEING GRATEFUL

¹⁵ Practice these things, immerse yourself in them, so that all may see your progress.

• **Deuteronomy 8:1-18**

1ST LEVEL OF GRATITUDE

¹ Be careful to follow every command I am giving you today, so that you may live and increase and may enter and possess the land the Lord promised on oath to your ancestors. ² Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. ³ He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord. ⁴ Your clothes did not wear out and your feet did not swell during these forty years. ⁵ Know then in your heart that as a man disciplines his son, so the Lord your God disciplines you. ⁶ Observe the commands of the Lord your God, walking in obedience to him and revering him. ⁷ For the Lord your God is bringing you into a good land—a land with brooks, streams, and deep springs gushing out into the valleys and hills; ⁸ a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey; ⁹ a land where bread will not be scarce and you will lack nothing; a land where the rocks are iron and you can dig copper out of the hills. ¹⁰ When you have eaten and are satisfied, praise the Lord your God for the good land he has given you. ¹¹ Be careful that you do not forget the Lord your God, failing to observe his commands, his laws and his decrees that I am giving you this day. ¹² Otherwise, when you eat and are satisfied, when you build fine houses and settle down, ¹³ and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, ¹⁴ then your heart will become proud and you will forget the Lord your God, who brought you out of Egypt, out of the land of slavery. ¹⁵ He led you through the vast and dreadful wilderness, that thirsty and waterless land, with its venomous snakes and scorpions. He brought you water out of hard rock. ¹⁶ He gave you manna to eat in the wilderness, something your ancestors had never known, to humble and test you so that in the end it might go well with you. ¹⁷ You may say to yourself, “My power and the strength of my hands have produced this wealth for me.” ¹⁸ But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.

• **Psalms 23**

2ND LEVEL OF GRATITUDE

¹ The Lord is my shepherd, I lack nothing. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he refreshes my soul. He guides me along the right paths for his name’s sake. ⁴ Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶ Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

- **Philippians 1:15-18**

3RD LEVEL OF GRATITUDE

¹⁵ It is true that some preach Christ out of envy and rivalry, but others out of goodwill. ¹⁶ The latter do so out of love, knowing that I am put here for the defense of the gospel. ¹⁷ The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. ¹⁸ But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice,

WHERE ARE YOU AT TODAY?

- **Ezekiel 20:6**

INGREDIENTS THAT TASTE GOOD

⁶ On that day I swore to them that I would bring them out of the land of Egypt into a land that I had searched out for them, a land flowing with milk and honey, the most glorious of all lands.

- **James 1:2-3**

INGREDIENTS THAT DON'T TASTE GOOD

²⁻⁸ When all kinds of trials and temptations crowd into your lives my brothers, don't resent them as intruders, but welcome them as friends! Realize that they come to test your faith and to produce in you the quality of endurance. But let the process go on until that endurance is fully developed, and you will find you have become men of mature character with the right sort of independence.

- **Romans 8:28**

GOD DOESN'T ADD AN INGREDIENT THAT WON'T END GOOD

²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

- **Daniel 3:26-27**

THE MEAL NEVER SMELLS LIKE SMOKE OUT OF THE OVEN

²⁶ Nebuchadnezzar then approached the opening of the blazing furnace and shouted, "Shadrach, Meshach and Abednego, servants of the Most High God, come out! Come here!" So Shadrach, Meshach and Abednego came out of the fire, ²⁷ and the satraps, prefects, governors and royal advisers crowded around them. They saw that the fire had not harmed their bodies, nor was a hair of their heads singed; their robes were not scorched, and there was no smell of fire on them.

- **Psalms 34:8**

THE INGREDIENTS THAT DON'T TASTE GOOD ADD THE MOST FLAVOR

⁸ Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!

IN CLOSING

- **1 Thessalonians 5:16-18**

ARE YOU IN THE WILL OF GOD?

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

- **Psalms 107:2**

IT'S TIME TO SAY WHAT YOU ARE GRATEFUL FOR!

² Let the redeemed of the Lord say so, whom he has redeemed from trouble